

Robert Jason Grant Ed.D

Life Coaching, Consultations, or Therapy
Which is right for you?

Although there does exist some overlap between these types of services, there are also some distinct differences. This guide is designed to help you decide which type of service will best meet your needs. Robert Jason Grant Ed.D is also available to discuss with you which service would be most applicable for your situation.

Before reading this list, take a moment to answer the following questions and then compare your answers to the descriptions below.

Why are you seeking help? _____

What have you been struggling with? _____

What is something you would like changed right now? _____

Have you ever had coaching or therapy before? Was it helpful? _____

On a scale of 1-10, how would you rate your overall functioning ability? _____

LIFE COACHING

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- * May have circumstances you are currently seeking to change or cope with, such as work, social functioning, parenting strategies, or a challenging relationship.
 - * May need better social or communication skills.
 - * May have difficulty expressing or asserting yourself and need advocacy skills.
 - * May feel stuck or ineffective in the short-term.
 - * May be feeling overwhelmed or angst or having trouble with decision making.
 - * May need help with goal planning and achieving.
 - * May need help with life planning/purpose, disability awareness, and behavior change.
 - * May need education and information or management support regarding disabilities.

Life coaching may be more educational, involve learning from many sources beyond talk such as: articles, exercises, mood tracking, prescribed journaling, creative expression and so on. It may also be more flexible in terms of meeting times and more adaptable to the individual's situation and schedule. Robert Jason Grant Ed.D is a life coach who has been trained in coaching practices, trained in the areas he promotes an expertise about, and can provide you with information about his training and qualifications related to his coaching specializations.

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CONSULTATIONS

- * May have a specific issue or questions that needs addressed or further explored.
- * May need help with decision making regarding a specific situation or circumstance.
- * May need expert advice regarding a specific matter.
- * May need information or strategies for addressing a situation, issue, or goal.

Consultants are typically experts in a particular area and sought out when one is dealing with or involved in this area. Consultations may be one-time meetings and typically do not last long term. Robert Jason Grant Ed.D provides consultation services for the specialty areas in which he has advanced training. These areas are listed on the coaching/consultations page of the robertjasongrant.com website.

MENTAL HEALTH THERAPY

- * May have a DSM diagnosis that interferes with their functioning.
- * May be in or engage in abusive relationships or have experienced sexual and/or physical abuse.
- * May have experienced clinically traumatic events or suffering from trauma issues that impact you at present.
- * May have personality or characterological issues that harm yourself or others.
- * May be experiencing a crisis situation.
- * May be experiencing suicidal ideation.
- * May have dysfunctional “family of origin” issues impacting the present.
- * May be taking psychoactive medications and need an evidence-based treatment to address specific psychological conditions.

Mental health therapy may be more introspection, addressing deeper level issues and involve more traditional talk approaches or a specific psychological/counseling approach. It may also be more scheduled and regulated such as an ongoing weekly appointment and may continue for a long term. Robert Jason Grant is a licensed professional counselor and can provide license, credentials, and any training information regarding how to help you with your needs.

Still not sure? Contact Robert Jason Grant Ed.D to discuss further.

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